

# ***Fitness World***

*Across from the Valley West Mall*

## ***WEST***

***223-5111*** 3200 Westown Parkway  
West Des Moines

CLICK HERE to  
visit our web site:  
[www.fitnessworldwest.com](http://www.fitnessworldwest.com)

CLICK HERE for your State of Iowa Membership form!

- Certified personal trainers
- indoor track
- over 60 group fitness classes weekly
- circuit & free weights
- indoor pool, ● whirlpool
- sauna & steam room
- tanning
- kids gym/nursery
- swimming lessons
- new cardio equipment

